

# Irenaeus Newsletter



March '25

*From the desk*



I can tell it's Spring not just because of the lighter nights and the warmer weather but because the other day I felt the urge to clear out my bathroom cupboard. Spring always seems to give me an incentive to do what I'd rather not do and particularly not do in the winter months. I think Lent is placed in the spring because it's a time of new energy levels when maybe we can co-operate with God in tackling things within that we've let hang over the winter months. That co-operation is chiefly giving God space and time to work within. Try it each day of Lent. Give God space and time to help you let die what needs to die. If you need any help on your Lenten spring clean, why not contact us or join in some of the events we have planned

*Chris*

## WHAT'S ON AT A GLANCE

### COME AND SEE DAYS

10:30am - 4pm

5th April '25 Timothy Radcliffe O.P.

3rd May '25 Allegra Mutanda

### AGAPE MASS @ IRENAEUS

3rd April & 1st May '25

### SONGS WE REMEMBER

Wednesday 2pm – 4pm

26th March '25 & 9th April '25

### THROUGH THE EYES

### OF THOSE FIRST FOLLOWERS OF JESUS

An Easter retreat at Irenaeus

7pm Wednesday 16th April - Sunday morning,

20th April 2025

For more information about all our events contact  
[jenny@irenaeus.co.uk](mailto:jenny@irenaeus.co.uk) or Tel: 0151 949 1199

## OTHER EVENTS AROUND THE COUNTRY

Understanding every day beliefs - **I have come that you may have life...** 12th March - 15th March 2025 at the Loreto Centre Llandudno.

For more details, other events and booking see  
[www.loretocentre@yahoo.co.uk](http://www.loretocentre@yahoo.co.uk)

## 'Through the eyes of those first followers of Jesus'

a reflective way to celebrate Easter walking along side those who were there.

Evening of Wednesday 16th April - Easter Sunday morning 20th April.

To book a place contact  
[jenny@irenaeus.co.uk](mailto:jenny@irenaeus.co.uk)  
Tel 0151 949 1199

Suggested donation  
RESIDENTIAL £150  
NON-RESIDENTIAL WITH MEALS £100  
NON-RESIDENTIAL [SELF CATERING with Passover meal] £50

The Irenaeus Project



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*Moirá's  
Meanderings*



We have just finished our silent retreat on the Journey through the wilderness. On our last day we reflected on Psalm 63, for you my soul is thirsting O Lord my God. I think the imagery is wonderful because we can't avoid the feeling of thirst, it doesn't go away and if we are thirsty we will do anything for a drink.

I thirst for God each day, God is within each of us for me its about stopping, reflecting and praying that I recognise and remember God with me even when times are difficult.

***'You, God, are my God, earnestly I seek you;  
I thirst for you, my whole being longs for you,  
like a dry and parched land where there is no water.'***

## COME AND SEE



**10:30 - 4pm  
5th April '25**

**THE WONDER OF  
BEING HUMAN**

**Keynote Speaker  
Timothy Radcliffe**

**10:30 - 4pm  
3rd May '25**

**Keynote Speaker  
Allegra Mutanda**



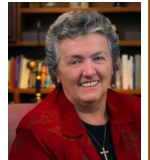
**Bring a packed lunch**

**Suggested donation £10**

**For more information  
email [jenny@irenaeus.co.uk](mailto:jenny@irenaeus.co.uk)  
or tel: 0151 949 1199**

**Joan Chittester says**

"And what does God require of you?" Scripture asks. The answer is a stark one: "To act justly and to love mercy and to walk humbly with your God." What?!



The answer confuses us. It takes our puny little religious concepts, the ones we attribute to God in order to make ourselves feel good, and turns them upside down. A people given to religious bartering—so many turtle doves, so many bullocks, so much Lenten fasting done to keep God happy with us—is told that sacrifice is not the answer. Only conversion of life really counts where the God of gods is concerned. In fact, it is the ultimate sacrifice asked for here, this putting down of the greed we call "progress" and the vindictiveness we call "justice" and the pride we call "success."

But that's where Lent gets real.

It is the justice of the Jesus who cured Romans as well as Jews that we are expected to practice in a world full of refugees and political enemies and children without health insurance. It is the mercy of the Jesus who lifted up the woman taken in adultery and befriended the tax collector in the tree that we are expected to bring to the world around us.

It is simplicity of the Jesus who "became just like us" and did not consider "being equal to God a thing to be clung to" that we are to show to those on the social ladder beneath us—that is the real Lenten fasting God desires of us. Lent leads us to ask ourselves how much of any of this kind of sacrifice we are really doing. Justice, mercy, and simplicity of life are the only things that make for a good Lent.

### **WE NEED YOUR HELP AT IRENAEUS**

As we expand our ministry and have more visitors, we need more help with Banking, IT support making posters and videos, and general office support.

Contact [chris@irenaeus.co.uk](mailto:chris@irenaeus.co.uk) if you can help

### **SUPPORT FOR THE DIVORCED AND SEPARATED**

The Restored Lives course is run over six weeks, one evening per week. The talks cover the key issues to help you to move on and highlight the practical steps and tools to enable you to tackle the issues that arise from separation and divorce.

**For more information contact Maureen (0767753371)**



# The Irenaeus Centre and St Thomas' Oratory



**WARM AND COSY!**  
**CALL IN FOR A CUPPA AND A CHAT**  
**KEEP WARM AND ENJOY THE COMPANY**  
**We are open 10am - 4pm Monday - Thursday**

**Join us for Mass 12 Noon every Wednesday**

## **OTHER ACTIVITIES**

**ART AND MEDITATION**  
Thursdays 2-4pm

**KNIT AND NATTER**  
Tuesday 10.30 - 12 noon

**SCRIPTURE SHARING**  
Tuesdays 12 Noon

**TAI CHI**  
Tuesdays 1pm - 2pm

**PRAYER FOR HEALING**  
Mondays 2pm - 3pm

**COUNSELLING**  
Wednesdays 10am - 2pm

**'SONGS WE REMEMBER'**  
**SING-A-LONG**  
2pm, 2nd and 4th  
Wednesday of the month  
(Dementia friendly)

**BEREAVEMENT SUPPORT**  
Thursdays 1:15pm - 2pm

